



The Open
University



List of Supporting Resources

For

**'Language Matters:
Supporting Emotional Health in People with Diabetes'**

A Webinar held on Wednesday 30th September 10.30-12 Noon

For anyone living or working with diabetes

**View the Recording of the Webinar:
<http://stadium.open.ac.uk/stadia/preview.php?whichever=3545&s=31>**

Please take a moment to complete the Webinar evaluation survey via this link:

<https://www.surveymonkey.co.uk/r/Z8RG7QH>

This Webinar is Approved By



Supporting Resources

Primary Resources:

NHS England: '*Language Matters: a position statement*'

<https://www.england.nhs.uk/publication/language-matters-language-and-diabetes/>

Diabetes UK: '*Diabetes and Emotional Health: A practical guide to supporting adults with Type 1 and Type 2 diabetes*'

<https://www.diabetes.org.uk/professionals/resources/shared-practice/psychological-care/emotional-health-professionals-guide>

The Successful Diabetes Language Challenge

Download from this link (in the section 'Primary Resources')

<http://www.successfuldiabetes.com/living-with-diabetes/sd-news/item/231-language-matters-webinar-recording>

International Website: *Language Matters Diabetes*

<https://www.languagemattersdiabetes.com>

Peer Support (UK):

The Great Britain Diabetes Online Community

Use #gbdoc on Twitter to interact with other people living with diabetes

Diabetes UK Community Pages:

https://www.diabetes.org.uk/how_we_help/community

Young Adults and Diabetes – Diabetes UK Pages:

<https://www.diabetes.org.uk/guide-to-diabetes/young-adults>

A Further Learning Opportunity:

A 3 - hour online, interactive workshop '*Supporting and Assessing Emotional Health in Adults with Diabetes*', presented by Rosie Walker and Keith Meadows is available for registrations here

<http://www.successfuldiabetes.com/living-with-diabetes/sd-news/item/230-online-interactive-workshop>

Other Resources – as recommended by individual speakers

Pete Jennings:

Time in Range: Blog:

<https://www.mysugr.com/en/blog/5-things-know-about-time-range/>

EASD e-learning module about time in range:

<https://easd-elearning.org/courses/time-in-range/>

Guidance on Time in Range:

<https://care.diabetesjournals.org/content/42/8/1593>

Cathy Lloyd:

Language Matters: A UK Perspective

Available from

<http://wels.open.ac.uk/people/cel27>

Cathy is presenting a further Webinar on 'Language Matters' on 5th November 2020. Details from:

<https://abcd.care/events/language-matters-impact-people-living-diabetes>

Keith Meadows:

The Diabetes Health Profile

<https://www.healthoutinsights.com/diabetes-health-profile/>

Arie Nouwen:

Why Psychosocial Care Matters: Podcast Series

<https://diabetes.medicinematters.com/en-GB/why-psychosocial-care-matters/17888464>

Psychosocial Aspects of Diabetes (PSAD) Organisation

<http://www.psad-easd.eu>

Bob Swindell:

Language Matters Publications from other Countries, including Diabetes Australia, American Diabetes Association (ADA), Association of American Diabetes Educators (AADE). These are all listed on this page:

<http://www.successfuldiabetes.com/living-with-diabetes/sd-news/item/220-more-language-matters>

Holt, R, Speight, J (2017). *The language of diabetes: the good, the bad and the ugly*. Diabetic Medicine, 34, 1496-1497

Download PDF from this page (scroll down to Bob's recommended resources)

<http://www.successfuldiabetes.com/living-with-diabetes/sd-news/item/231-language-matters-webinar-recording>

The Diabetes UK *Learning Zone*

<https://learningzone.diabetes.org.uk>

Diabetes Etiquette - for people who *don't* have diabetes

<https://behavioraldiabetes.org/xwp/wp-content/uploads/2015/12/BDIAdultEtiquetteCard.pdf>

About the Webinar and its speakers:

Hosted and funded by The Open University, supported by the Association of British Clinical Diabetologists (ABCD) Diabetes Technology Network, (DTN) and approved by Diabetes UK, the webinar is based on two recent landmark publications:

NHS England's '[Language Matters: a position statement](https://www.england.nhs.uk/publication/language-matters-language-and-diabetes/) (see <https://www.england.nhs.uk/publication/language-matters-language-and-diabetes/>) and

Diabetes UK's '[Diabetes and Emotional Health: A practical guide to supporting adults with Type 1 and Type 2 diabetes](https://www.diabetes.org.uk/professionals/resources/shared-practice/psychological-care/emotional-health-professionals-guide)' (see <https://www.diabetes.org.uk/professionals/resources/shared-practice/psychological-care/emotional-health-professionals-guide>)

The panel provides Webinar participants with tips and insights into how to put the principles and evidence from these publications into day to day interactions between health care professionals and people living with diabetes.

Webinar Details:

The 1.5-hour event features a series of presentations, each followed by Q&As, and signposting to resources, in the following programme:

- Welcome and Introduction: Mrs Rosie Walker
- Why Language Matters in Diabetes Care: Professor Cathy Lloyd
- Language Matters in Practice: Dr Pete Jennings (and person with Type 1 diabetes)
- Understanding Diabetes and Depression: Professor Arie Nouwen
- Type 2 Diabetes and Stigma – Understanding the Emotional Impacts: Mr Bob Swindell (and person with Type 2 diabetes)
- How to Measure Emotional Health: Dr Keith Meadows
- Essentials of Language and Diabetes: A quick guide: Dr Emma Wilmot
- Summary Remarks from Panel Members: led by Professor Cathy Lloyd
- Final Remarks: Mrs Rosie Walker
- Close of Webinar

Webinar Panel:

Dr Peter Jennings: works as a Diabetes Specialist Nurse to support people who use technology to self-manage their type 1 diabetes. He is also a Senior Lecturer at Nottingham Trent University where he educates healthcare professionals about diabetes technologies and coordinates Learning about Looping Study Days (www.ntu.ac.uk/learningaboutlooping). Peter has been living with Type 1 Diabetes for 30 years.

Dr Cathy Lloyd: Is Professor of Health Studies at The Open University. Her research includes work on diabetes and mental health and promoting positive and appropriate language for clinical encounters between people with diabetes and health care professionals. She leads the *Community Interventions Network for Diabetes and Depression (CoIN-DD)*, a collaborative research group for academics, researchers and clinicians in Kenya, Uganda, Ethiopia and Tanzania. She initiated and co-wrote the evidence review on which the 'Language Matters' document is based.

Dr Keith Meadows: Is founder of *Health Outcomes Insights*, a consultancy focusing on patient centricity and wellbeing. He has more than 30 years' experience in the measurement of the behavioural and psychological impact of living with diabetes and is author of the Diabetes Health Profile.

Dr Arie Nouwen: Is a clinical psychologist. He was Professor of Psychology at Middlesex University until his retirement in June 2020 and is currently Honorary Professor at The Open University. His research focuses on the psychosocial and mental health aspects of diabetes mellitus with special emphasis on motivation to dietary self-care and on co-morbid depression. He is currently Chair of the Psychosocial Study group PSAD of the European Association for the Study of Diabetes (EASD).

Mr Bob Swindell: Bob was diagnosed with Type 2 diabetes in May 2013. He was co-chair of the 'Language Matters' writing group, is a Trustee of Diabetes UK and a member of the Diabetes UK Diabetes Research Steering Group. He is a keen runner, one of Parkrun's Event support Ambassadors and Event Director of Oak Hill Parkrun in Barnet, North London. He tweets as @fractis.

Mrs Rosie Walker: Is a former Diabetes Specialist Nurse who now runs *Successful Diabetes*, an independent company providing person-centred workshops and resources for living or working with diabetes. She co-wrote the NHS England publication 'Language Matters' and was part of the group who adapted 'Diabetes and Emotional Health: A Practical Guide to Supporting Adults with Type 1 and Type 2 Diabetes' for Diabetes UK.

Dr Emma Wilmot: Is a Consultant Diabetologist at University Hospitals of Derby and Burton NHS Foundation Trust and a Honorary (Consultant) Assistant Professor at the University of Nottingham. She strives to improve the lives of people living with diabetes through her work with the ABCD Diabetes Technology Network UK.

Webinar Director for the Open University: Mr Keith Hamilton, Technical Coordinator, Audio-Visual Department.